

Abstract

Throughout the researcher's history, many transpersonal experiences were encountered, which were perceived as the most important and meaningful in their life. However, these experiences occurred within a culture where openly discussing them often felt taboo.

The aim of the study was to investigate transpersonal awakening experiences among trainee and practicing integrative psychotherapists, and to explore what occurred when these experiences were discussed within a therapeutic relationship.

During the study, 45-minute semi-structured interviews were used to inquire into the experiences of eight co-researchers. The data were processed using the heuristic method.

The findings showed that transpersonal awakening experiences were often difficult to navigate but ultimately led to very positive outcomes. Co-researchers were able to trust in the validity of their experiences, yet many struggled to bring these experiences into the therapeutic relationship. Being able to do so depended on their therapist's knowledge and understanding of the transpersonal. For many co-researchers, these awakening experiences were the impetus for choosing to train as psychotherapists.

Transpersonal experiences have been found to be relatively common across the global population and are not limited to individuals with religious or spiritual backgrounds. As such, it was suggested that integrative psychotherapists hold